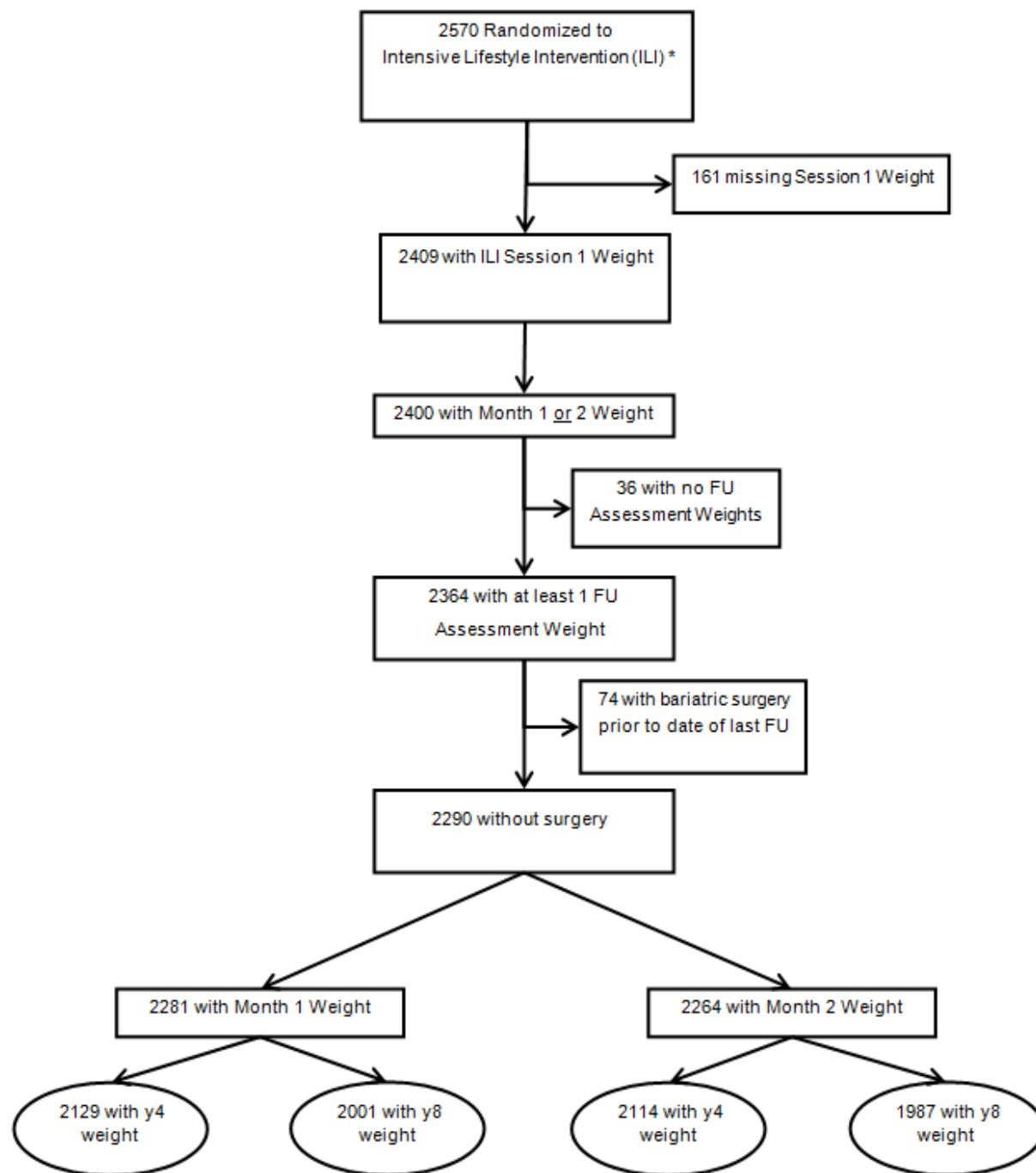


Figure S1: Consort Diagram



* indicates that those participants excluded from the analyses (n=386) had a higher baseline BMI (37.5 vs. 35.6 kg/m²; p<0.001) and were more likely to be a minority (39.6% vs. 36.4% minority; p=0.04), compared to those participants included in the analyses (n=2184). Those included and those excluded did not differ on gender, age, or insulin usage (ps>0.05).

Table S1: Demographic characteristics of participants stratified by 2-month weight loss

	< 3% weight loss N= 634	3-6% weight loss N=916	>6% weight loss N=714	p-value diff across groups
BMI	35.5 ± 0.24	36.0 ± 0.20	35.4 ± 0.22	0.08
Waist circumference (cm)	112.3 ± 0.57	113.4 ± 0.48	114.1 ± 0.54	0.32
Age (%)				0.71
45-55 years	28.3	39.4	32.3	
56-64 years	28.7	40.2	31.1	
66-76 years	25.5	43.0	31.5	
Gender (%)				<0.001
Male	22.3	37.7	40.0	
Female	31.9	42.4	25.7	
Ethnicity (%)				<0.001
African American	38.0	40.6	21.3	
American Indian/Native American/Alaskan Native	58.3	30.4	11.3	
Asian Pacific Islander	24.1	48.3	27.6	
Caucasian	21.2	41.0	37.8	
Hispanic	36.6	40.6	22.8	
Other/Mixed	37.5	40.0	22.5	
Education (%)				<0.001
<13 years	35.0	38.2	26.8	

13-16 years	30.0	42.3	27.6	
≥16 years	22.3	39.5	38.2	
Duration of diabetes (years)	7.1 ± 0.27	6.5 ± 0.22	6.8 ± 0.25	0.08
Insulin usage (%)				0.02
Using insulin	34.1	38.4	27.5	
Not using insulin	27.0	40.7	32.3	

Mean ± standard error for continuous variables